



## **FREE WELLNESS ACTIVITIES**

### **Winter 2018**

#### **Resolutions and the Challenges of Making Changes**

What are your resolutions and plans for the New Year? Are you saying the same things from years past?

Participants will explore ways to set goals and change behaviors to last beyond January.

Instructor: Betsey Cowardin, LISW-S. *Call 614-234-LIFE (5433) to register.*

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, January 30<sup>th</sup> 4:00 — 5:30pm**

#### **Saying No**

Do you find yourself saying yes when you want to say no? Are you often overwhelmed? Learn how to use mind and body practices to express emotions and set healthy boundaries.

Instructor: Emelyn Lybarger, Life Coach. *Call 614-234-4660 to register.*

**Mount Carmel Healthy Living Center, Room 126**

**Friday, February 2<sup>nd</sup> 10:00am — 1:00pm**

#### **Free Cooking Demo + Lunch**

These cooking demonstrations, presented by Mount Carmel Chefs and a registered dietitian, will focus on teaching techniques to prepare a healthy meal for your household.

Contact 614-234-4660 to register.

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, February 6<sup>th</sup>, March 6<sup>th</sup>, April 3<sup>rd</sup> 11:00am — 12:30pm**

#### **Weight Management**

In partnership with Lower Lights Christian Health Center, this class meets monthly to help you improve your eating habits and lose weight. This class is led by a Registered Dietitian.

Contact 614-234-4660 to register.

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, February 6<sup>th</sup>, March 6<sup>th</sup>, April 3<sup>rd</sup> 12:45 — 1:45pm**

#### **Gentle Yoga for Relaxation**

Learn how gentle yoga can help reduce your stress, improve strength and increase range of motion. Yoga mats and supplies are provided if needed. Chair yoga is also available during this class if needed. *Beginner level. Wear comfortable clothing.*

Instructor: Julie Palmer, RDN, LD, CPT. *Contact 614-234-4660 to register.*

**Mount Carmel Healthy Living Center, Room 126**

**Wednesdays, February 14<sup>th</sup> - March 7<sup>th</sup> 3:30 — 4:30pm**

#### **Turning a Bad Habit Into a Good One**

Looking to make positive changes in your life? This class will discuss ways to change old habits and create healthy new ones. Instructor: Catherine Clark-Eich, PhD. *Call 614-234-LIFE (5433) to register.*

**Mount Carmel Healthy Living Center, Room 126**

**Monday, February 12<sup>th</sup> 6:00 — 8:00pm**

### **Getting Ahead in a Just Getting' by World**

This transformational 16-week course for individuals on a limited budget empowers you to investigate your current living situation, build your resources, develop a personal plan for their future, and identify and solve problems. Participants receive a free dinner, a \$25 Kroger card per workshop, transportation, and day care during workshop if needed. *Call Jody Stahr, at [dstahr@columbus.rr.com](mailto:dstahr@columbus.rr.com) or 614-946-3564 to register.*

**Mount Carmel Healthy Living Center, Room 126**  
**Thursdays February 22<sup>nd</sup> - June 7<sup>th</sup> 4:30pm-7:30pm**

### **Self-Care: How to Manage Stress**

This interactive class will explore sources of stress in our lives and tools to better manage it.  
Instructors: Brian Pierson, MS, RN and Ami Peacock, MSW, LISW-S. *Call 614-234-LIFE (5433) to register.*

**Mount Carmel Healthy Living Center, Room 126**  
**Monday, March 12<sup>th</sup> 4:00 — 5:30pm**

### **Tai Chi: Enhance Your Health and Vitality**

During this six-week series, learn stress reduction, heart and lung strengthening, immune system activation, balance improvement and flexibility with Tai Chi Easy™. Instructor: Dan Hughes, Certified Tai Chi Easy Leader.  
*Contact 614-234-LIFE (5433) to register. No experience necessary. Wear comfortable clothing.*

**Mount Carmel Healthy Living Center, Room 126**  
**Tuesdays, March 13<sup>th</sup> - April 17<sup>th</sup> 3:00 — 4:00pm**

### **Cooking Matters Cooking Class for Adults**

This six-week hands-on cooking class is facilitated by Local Matters and offers the opportunity for individuals on a limited budget to learn how to shop for and prepare delicious and nutritious food on a budget. Registration is required. Space is limited. Call 614-234-4660 to register. Must attend all six sessions.

**Mount Carmel Healthy Living Center, Room 126**  
**Wednesdays, March 14<sup>th</sup> – April 18<sup>th</sup> 10:30 am – 12:30 pm**

### **Meditation**

Learn how to meditate with an easy technique that can help you gradually develop more calmness and reduce stress in your life. Participants will learn the basic elements of a breath oriented meditation technique and discuss how to integrate meditation into your day. Instructor: Matthew Fleming, PCC-S. *Call 614-234-LIFE (5433).*

**Mount Carmel Healthy Living Center, Room 126**  
**Tuesday, March 20<sup>th</sup> 11:30am — 1:00pm**

### **What's Your Soul Song?**

Join us for a time of relaxation and reflection. This group will begin with a guided meditation exercise to find personal words of meaning. Then we will work together to craft those words into lyrics and instructor will set them to melody. The goal of the class is to help find your inner voice.

*Instructor: Carisa Holmes, Singer/Songwriter. Call 614-234-4660 to register.*

**Mount Carmel Healthy Living Center, Room 126**  
**Monday, April 9<sup>th</sup> 3:00 — 4:30pm**

### **Feel More at Home in Your Life with Mindfulness**

What is mindfulness? Learn how observing our thoughts and feelings with curiosity can lead to fighting with ourselves less. Discover simple exercises and practical strategies you can put into practice.  
Instructor: Daron Larson, BSW, MLIS. *Call 614-234-LIFE (5433) to register. Sign up to attend one or both classes.*

**Mount Carmel Healthy Living Center, Room 126**  
**Mondays, April 16<sup>th</sup> and April 23<sup>rd</sup> 4:00 — 5:30pm**